



UNCHARTED – Friends Don't Let Friends Worry Alone

One of the worst parts about worrying is when you feel like you're all alone. One of the greatest resources that God gives us to remind us that we aren't, is each other.

Scripture: Matthew 6:25-34

Discussion Questions

1. What have been the highlights and lowlights of your week?
2. What has been your level of worry or anxiety over the last few weeks? Which aspects of this crisis cause you to worry (if any)? What signs have you seen of worry or panic in our city, the country, or around the world since all of this started?
3. Read Matthew 6:25-34. What observations do you have of the passage? What are the reasons that Jesus gives to support his command not to worry? What does he teach about the character of God in this section?
4. Jesus mentions those who don't live like they have a Heavenly Father, and then encourages people to trust him and seek His kingdom. What do you think the practical differences are for people to live one way or the other? What do you think it looks like to really trust in the provision of our Heavenly Father? What does it feel like to do that?
5. If someone believed this to be true, but still had trouble with worrying, what advice would you give them? What are some ways that we can take the teaching of Jesus and let it take root in our lives at this time?

Moving Forward

How could seeking the kingdom of God and his righteousness look for you this week? How can you share God's fatherly love with others?

Share your worries and concerns with one another and pray together.